

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Offered FREE of charge
- Occurs in a relaxed & confidential setting
- Meets for 2-hour session once a week for 10 weeks
- Taught by trained certified Peer Mentors living in recovery
- A great resource for information on mental health and recovery

NAMI San Gabriel Valley will offer its NAMI Peer-to-Peer Education Program once a week beginning on **October 11, 2016 to December 13, 2016**. It will be held on **Tuesdays at 12:30 to 2:30pm** at **Aurora Las Encinas Hospital** located at 2900 E. Del Mar Blvd, Pasadena, CA 91107. Light refreshments will be included!



Participant Perspectives

"This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer."

"Since taking the course I have gained employment and committed to my recovery."

"NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it."

Contact Dana Dunlap to register for this NAMI Peer-to-Peer class!



nami San Gabriel Valley

Contact: Dana Dunlap
(626)577-6697
namisgvconsumer@gmail.com

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Gabriel Valley is an affiliate of NAMI Los Angeles County Council. NAMI SGV and NAMI LACC consist of dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

What is the NAMI Connection Recovery Support Group?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held weekly for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NAMI San Gabriel Valley offers the Connection Recovery Support Group held on the **first and third Tuesdays of the month from 3:00 to 4:30pm at Aurora Las Encinas Hospital** located at 2900 E. Del Mar Blvd., Pasadena 91107.



Participant Perspectives

"NAMI Connection has made me realize that I can truly feel comfortable around my peers, and I really needed that feeling!"

"I believe NAMI Connection means hope."

"NAMI Connection is the promise of what is and what can be in our lives."



San Gabriel Valley

Contact: Dana Dunlap
(626)577-6697
namisgvconsumer@gmail.com

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.